



**Companies House**

— for the record —

Company Name

**ASSOCIATED STRESS  
CONSULTANTS LIMITED**

Company Type

**Private Company Limited By  
Shares**

Company Number

**3819370**

Information extracted from  
Companies House records on  
**19th July 2001**

## 363s Annual Return

- > Please check the details printed in blue on this statement.
- > If any details are wrong, strike them through and write the correct details in the "Amended details" column.
- > Please use black pen and write in capitals.



A29 \*AM8113EL\* 0540  
COMPANIES HOUSE 21/08/01

### Section 1: Company details

Ref: 3819370/04/12

| Current details  | Amended details   |          |             |             |                            |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|--|---|----------|-------------|-------------|----------------------------|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|
| <p>&gt; Registered Office<br/>Address<br/><i>If any of the details are wrong, strike them through and fill in the correct details in the "Amended details" column.</i></p> <p><b>6th Floor Walmar House<br/>288 Regent Street<br/>London<br/>W1B 3AL</b></p> | <p>Address</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>UK Postcode    _ _ _ _ _</p>   |          |             |             |                            |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| <p>&gt; Register of Members<br/><i>If any of the details are wrong, strike them through and fill in the correct details in the "Amended details" column.</i></p> <p><b>At Registered Office</b></p>  | <p>Address</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>UK Postcode    _ _ _ _ _</p>   |          |             |             |                            |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| <p>&gt; Register of Debenture Holders<br/><i>If any of the details are wrong, strike them through and fill in the correct details in the "Amended details" column.</i></p> <p><b>Not Applicable</b></p>  | <p>Address</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>UK Postcode    _ _ _ _ _</p>   |          |             |             |                            |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| <p>&gt; Principal Business Activities<br/><i>If any of the details are wrong, strike them through and fill in the correct details in the "Amended details" column.</i></p>   | <table border="1"> <thead> <tr> <th>SIC Code</th> <th>Description</th> </tr> </thead> <tbody> <tr> <td><b>7499</b></td> <td><b>Non-trading company</b></td> </tr> <tr><td> </td><td> </td></tr> <tr><td> </td><td> </td></tr> <tr><td> </td><td> </td></tr> <tr><td> </td><td> </td></tr> <tr><td> </td><td> </td></tr> <tr><td> </td><td> </td></tr> <tr><td> </td><td> </td></tr> <tr><td> </td><td> </td></tr> <tr><td> </td><td> </td></tr> </tbody> </table> | SIC Code | Description | <b>7499</b> | <b>Non-trading company</b> |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| SIC Code   | Description   |          |             |             |                            |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| <b>7499</b>  | <b>Non-trading company</b>  |          |             |             |                            |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |   |          |             |             |                            |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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|  |   |          |             |             |                            |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| <p>&gt; <i>Please enter additional principal activity code(s) in "Amended details" column. See notes for guidance for list of activity codes.</i></p>  | <table border="1"> <thead> <tr> <th>SIC CODE</th> <th>Description</th> </tr> </thead> <tbody> <tr><td> </td><td> </td></tr> <tr><td> </td><td> </td></tr> <tr><td> </td><td> </td></tr> <tr><td> </td><td> </td></tr> <tr><td> </td><td> </td></tr> <tr><td> </td><td> </td></tr> <tr><td> </td><td> </td></tr> <tr><td> </td><td> </td></tr> <tr><td> </td><td> </td></tr> <tr><td> </td><td> </td></tr> </tbody> </table>                                       | SIC CODE | Description |             |                            |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| SIC CODE   | Description   |          |             |             |                            |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |   |          |             |             |                            |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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|  |   |          |             |             |                            |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

- > The records we hold for your company's officers are incomplete. Please enter their details below. **You must also complete and send a form 288 with this annual return if an appointment has not been notified to Companies House.**
- > Please copy this page if there is not enough space to enter all the company's officers.

### Details of Officers

#### > Company Secretary

*Please enter the details requested.*

*(Photocopy this area to enter details of joint secretaries).*

Forenames \_\_\_\_\_

Surname or  
Corporate name \_\_\_\_\_

Address \_\_\_\_\_

(Usual Residential) \_\_\_\_\_

UK Postcode \_\_\_\_\_

- > Please attach form 288 if the appointment of this company officer has not been notified to Companies House.

#### > Director

*Please enter the details requested.*

Forenames \_\_\_\_\_

Surname or  
Corporate name \_\_\_\_\_

Address \_\_\_\_\_

(Usual Residential) \_\_\_\_\_

UK Postcode \_\_\_\_\_

Date of birth \_\_\_\_\_

Nationality \_\_\_\_\_

Business Occupation \_\_\_\_\_

- > Please attach form 288 if the appointment of this company officer has not been notified to Companies House.

#### > Director

*Please enter the details requested.*

Forenames \_\_\_\_\_

Surname or  
Corporate name \_\_\_\_\_

Address \_\_\_\_\_

(Usual Residential) \_\_\_\_\_

UK Postcode \_\_\_\_\_

Date of birth \_\_\_\_\_

Nationality \_\_\_\_\_

Business Occupation \_\_\_\_\_

- > Please attach form 288 if the appointment of this company officer has not been notified to Companies House.

## Current details

## Amended details

## &gt; Company Secretary

If any of the details for this person are wrong, strike them through and fill in the correct details in the "Amended details" column.

Name

~~Philip Paul LANAI DO~~

Address

~~10 Oakhill Avenue~~~~Flat 2~~~~London~~~~NW3 7RE~~

Name

Address

UK Postcode

Date of change

Date Philip Paul LANAI DO

ceased to be secretary (if applicable)

31/08/2000

Particulars of a new

Company Secretary must be notified on form 288.

## &gt; Company Secretary

If any of the details for this person are wrong, strike them through and fill in the correct details in the "Amended details" column.

Name

Deborah LANIADO

Address

Flat 2 192 Goldhurst Terrace

London

NW6 3HN

Name

Address

UK Postcode

Date of change

Date Deborah LANIADO

ceased to be secretary (if applicable)

Particulars of a new

Company Secretary must be notified on form 288.

## &gt; Director

If any of the details for this person are wrong, strike them through and fill in the correct details in the "Amended details" column.

Name

Philip Paul LANAI DO

Address

~~10 Oakhill Avenue~~~~Flat 2~~~~London~~~~NW3 7RE~~

Name

Address

19 GREENAWAY GARDENS

LONDON

UK Postcode NW3 7DH

Date of birth

Nationality

Occupation

Date of change

Date Philip Paul LANAI DO ceased to be director (if applicable)

Particulars of a new Director must be notified on form 288.

Date of birth 06/04/1966

Nationality British

Occupation Director

## Section 3: Share Capital

|  | Current details   | Amended details  |
|--|---|--|
| <b>&gt; Issued Share Capital</b><br><i>This table shows the total number of shares that have been issued by your company and their Nominal Value. If any of the details are wrong, please fill in the correct details.</i>   | <b>Class of share</b><br><b>Ordinary</b><br><b>Nominal value of each share</b><br><b>£1.00</b><br><b>Number of shares issued</b><br><b>1</b><br><b>Aggregate Nominal Value of issued shares</b><br><b>£1.00</b> | <b>Class of share</b><br><br><b>Nominal value of each share</b><br><br><b>Number of shares issued</b><br><br><b>Aggregate Nominal Value of issued shares</b><br><br> |
| <b>&gt; Total shares issued and value</b><br><i>If any of the details are wrong, strike them through and fill in the correct details in the "Amended details" column.</i>  | <b>Total number of shares issued</b><br><b>1</b><br><b>Total Nominal value of shares issued</b><br><b>£1.00</b>   | <b>Total number of shares issued</b><br><br><b>Total Nominal value of shares issued</b><br><br>  |
| <b>&gt; At the date of this Annual Return, if the company has altered or changed its share capital in any way or allotted new shares, please refer to the guidance notes for details of the appropriate form that should be sent with this Annual Return. Annual return guidance notes are available on the Companies House web site at <a href="http://www.companieshouse.gov.uk">www.companieshouse.gov.uk</a> or by ringing 0870 3333636.</b> |   |  |

**Section 4: Details of Shareholders**

- > The details we hold on your company's shareholders and their shareholdings are printed below. These are based on your last Annual Return.
- > If any details have changed, or if any shares have been transferred, please fill in the details in the "Amended details" or "Shares transferred" column.
- > Please give details of any other shareholders in Section 5.

| Current details |   | Amended details  |                    | Shares transferred   |  |  |
|-----------------|---|--|--------------------|--|--|--|
| >               | <b>Shareholder Name</b><br>Philip Paul LANAIDO<br><br><b>Address</b><br><del>10 Oakhill Avenue</del><br><del>Flat 2</del><br><del>London</del><br><del>NW3 7RE</del><br><br><b>Shares held</b><br>Class<br>Ordinary | Name<br>_____<br><br>Address<br><u>19 GREENAWAY GARDENS</u><br><u>LONDON</u><br>_____<br><br>UK Postcode <u>NW3 7DH</u><br><br><b>Shares held</b><br>Class<br>Number | Number<br><u>1</u> | <b>Shares transferred by</b><br>Philip Paul LANAIDO<br><br>Class<br>Number<br>Date of transfer | _____<br>_____<br>_____/____/____<br>_____/____/____ | _____<br>_____<br>_____/____/____<br>_____/____/____ |

**Section 5: Details of Other Shareholders**

- > Please fill in details of any persons or corporate bodies who are shareholders of the company at the date of this return, but whose details are not printed in Section 4.
- > Also, provide the details of any persons who became but have ceased to be shareholders of the company since the date of the last annual return.
- > For jointly held shares please list those joint shareholders consecutively on the form. If a joint shareholder also holds shares in their own right, list that holding separately.
- > Please copy this page if there is not enough space to enter all the company's other shareholders.

| Shareholders details  | Class and number of shares or amount of stock held | Class and number of shares or amount of stock transferred (If appropriate) | Date of registration of transfer (If appropriate) |
|---|--|--|---|
| Name<br>_____<br>Address<br>_____<br>_____<br>_____<br>UK Postcode    _ _ _ _ _ |  |  |   |
| Name<br>_____<br>Address<br>_____<br>_____<br>_____<br>UK Postcode    _ _ _ _ _ |  |  |   |
| Name<br>_____<br>Address<br>_____<br>_____<br>_____<br>UK Postcode    _ _ _ _ _ |  |  |   |
| Name<br>_____<br>Address<br>_____<br>_____<br>_____<br>UK Postcode    _ _ _ _ _ |  |  |   |



Companies House

— for the record —

## 363s Annual Return Declaration

- > When you have checked all the sections of this form, please complete this page and sign the declaration below.
- > If you want to change the made up date of this annual return, please complete 2 below.

### 1. Declaration

- ☐ I confirm that the details in this annual return are correct as at the made-up-date (shown at 2 below). I enclose the filing fee of £15.

Signature

(Director / Secretary)

Date 16/08/2001

This date must not be earlier than the return date at 2 below

#### What to do now

Complete this page then send the whole of the Annual Return and the declaration to the address shown at 4 below.

### 2. Date of this return

- ☒ This AR is made up to 4/8/2001
- If you are making this return up to an earlier date, please give the date here

\_ \_ / \_ \_ / \_ \_ \_ \_

Note: The form must be delivered to CH within 28 days of this date

### 3. Date of next return

- ☐ If you wish to change your next return to a date earlier than 4th August 2002 please give the new date here:

\_ \_ / \_ \_ / \_ \_ \_ \_

### 4. Where to send this form

- ☒ Please return this form to:
- |                        |    |                                  |
|------------------------|----|----------------------------------|
| Registrar of Companies |    | For members of the Hays Document |
| Companies House        |    | Exchange service                 |
| Crown Way              | OR | DX 33050 Cardiff                 |
| Cardiff CF14 3UZ       |    |                                  |

Have you enclosed the filing fee with the company number written on the reverse of the cheque?

Cheque ☒ Postal Order ☐ Cheque / Postal Order Number \_\_\_\_\_

(Please complete as appropriate)

### Contact Address

Please give the name and address of the person who should be contacted if there are any queries about this form.

Contact Name

Telephone number inc code

Address

DX number if applicable

DX exchange

Postcode